

The Winooski Newsletter

A newsletter created in partnership by the City of Winooski and the Winooski School District.

NOVEMBER 2021



WINOOSKI SCHOOLS
We are the future.



imagine that I would be choosing things like funding for a bus versus funding things for a new building (please remember that we had buckets in the hallways when it rained) when creating our school budget. I've struggled as to why our school board were making these difficult budget decisions because these are not luxuries, but instead necessities for education. At the time, I didn't realize that Vermont's educational funding formula was stacked against a school district like ours. I learned that our funding formula, which was created in 1997, had become outdated as it didn't reflect the educational research and needs of today's world. The funding formula, which is based on pupil weights, was innovative because it recognized that it costs more to educate certain type of students than others (for example, it does cost more to educate high school students than an elementary school student). This concept is still true; however, the weights needs to be readjusted to account for other factors such as poverty and multi-language learners.

Oddly enough, we had state legislators who recognized that our current pupil weights had become outdated. Thus, they commissioned K-12 education professors at The University of Vermont and Rutgers University to reexamine the 1997 pupil weights. In their 2019 Pupil Weighting Factors Report, the researchers found that the weights had become outdated and they were not only hurting districts that welcomed refugees and immigrants, but also our rural communities and communities with generational poverty. For example, if our school district had these updated weights, for the same tax rate, the Winooski School District could have had an additional \$5 million to spend on our children's education. The outdated weights made me think we were spending \$17K per student,

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School Board Update: Looking at Funding Formulas

By Alex Yin, Board of School Trustees

When I first joined the school board, I thought my role was to work with the school district to ensure our children would get the education to prepare them for the world today and tomorrow. One of the greatest joys I have had is to interact with our students, because they are not taught to just recite facts, but instead engage with ideas and knowledge to become critical thinkers and problem solvers. I have enjoyed conversations with our students (and it is not because we agree on everything), but because they are willing to have an open dialogue with me and to see all angles have an issue. Democracy is messy and it is not black white, but instead it has lots of grey. I am proud that we teach our students to embrace and be comfortable in the grey.

Yet the task of creating a great educational environment for all of our students has not been easy. Never did I



SCHOOL BOARD UPDATE *(continued from page 1)*

when we were really spending \$10k per student. Due to these findings, the General Assembly created a Task Force (bit.ly/PupilWeightingFactorsReport) to propose an action plan and legislation to create a more equitable educational system that would allow all Vermont public students to thrive.

I was proud to see my fellow Winooski community members (including the Mayor) speak about the need for implementing the weights in the study – and yet it appears at that it has fallen on deaf ears. Unfortunately, instead of taking the recommendations of the report, this Task Force appears to be proposing solutions such as categorical aid that will not create the equitable environment that our students deserve. They have allowed politics (i.e., protect the more affluent school districts) to interfere with the need to do the right thing. Sadly, the Task Force moved the second public hearing to a time that most working class people can't take off to testify (October 29, 11:00 am to 1:00 pm). Do they not want to hear from us any more?

I'm tired. I'm tired of having the entire state laud us for our diversity and being the beacon of hope, then prevent us from having the resources we deserve because suddenly accountability becomes an issue. Why is accountability now an issue when it was never an issue for the more affluent school districts?

Just when I think there is no more hope, I am reminded of the strength, grit, and courage of our students. I had the pleasure to meet Saruro Ali, Khadija Hassan, Hawa Mayange, and Passy Matendo at our state capital on September 30, 2021 as they joined me to advocate for the implementation of the

recommended pupil weights. In talking to them, I could see the passion in their eyes to create a more equitable system, because they know they deserve better. Even though our state has created barriers for them, I know they will overcome these inequities and be future leaders in Vermont. Future leaders that will fight for equity and democracy. I am thankful to our teachers for giving them the foundation to be critical thinkers and problem solvers – but I am most thankful for these students reminding me the strength and heart of our community. This is the heart that will not prevent us from having the state hear our voice.

For the sake of our children, please write to the Task Force, our state senators, and state legislators to correct the weighting formula as recommended by UVM and Rutgers. We are a better Vermont when all students have access to an equitable education.

- Senator Philip Baruth..... pbaruth@leg.state.vt.us
- Senator Thomas Chittenden tchittenden@leg.state.vt.us
- Representative Hal Colston..... hcolston@leg.state.vt.us
- Senator Virginia “Ginny” Lyons vlyons@leg.state.vt.us
- Senator Christopher A. Pearson CPearson@leg.state.vt.us
- Senator Keshia Ram Hinsdale..... kram@leg.state.vt.us
- Senator Michael Sirotkin msirotkin@leg.state.vt.us
- Representative Taylor Small..... tsmall@leg.state.vt.us

BUILDING THE FUTURE OF WINOOSKI SCHOOL DISTRICT

Building a Better School - Autumn Updates

By Emily Hecker, WSD Communications Director

Currently, the front entry addition construction is in progress. The front entry will house the School-Based Health Center, Necessities Store, and Grab and Go Cafe, plus provide access to all areas of the district including the middle-high school, the new Performing Arts Center, the Library Media Center, and new Cafeteria.

Danylo O’Hara Whalen, ReArch

Assistant Project Manager, said, “This is definitely one of the most challenging phases of construction of the project so far. Because this area is in the center of the school and ties the various wings of the building together, being able to load materials in a minimally disruptive way has been difficult. We appreciate the patience of Winooski students, staff, and community!”

Current renovation projects include the existing High School wing, the new Performing Arts Center (PAC) which will be created from the former elementary school gymnasium, the existing Performing Arts Center which will be part of the Main Entry, and the locker rooms and adjacent corridors and classrooms will be completed mid-November.





Heart of Winooski Foundation Update

The Sisters of Providence made a generous donation to the Heart of Winooski Foundation to support materials for the district's School-Based Health Center. The WSD School-Based Health Center provides medical services to over 350 students annually, and keeps growing! Thank you Sisters of Providence! We are very grateful for the ongoing community support of our 501(c)3 organization. If you would like to make a gift to support critical programs and projects in the Winooski School District visit www.howvt.org. Thanks!

Flu Shot Clinic

We are offering FREE flu vaccines for all Winooski students on November 2, 9, and 16. They will be administered by a member of the UVMMC Primary Pediatrics team.

If you would like your child to receive a free flu shot please fill out and sign the form that came home with your child. Every child who brings back a signed form will receive a flu shot at school next month.

Getting a flu vaccine is very important this year. While getting a flu vaccine will not protect against COVID-19, there are many important benefits, such as: Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death. Getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19. Please call 802-383-6040 with questions.



How the WSD Plans to Spend COVID Relief Funds

The Winooski School District will receive over \$12.6M dollars in federal COVID-19 recovery grants. Visit our

website to learn more about how the district plans to spend these funds: [/bit.ly/WSDCovidRecovery](https://bit.ly/WSDCovidRecovery)

WSD COVID-19 Relief Funds



This school year we have hired or contracted for 17 new positions:

- A health office assistant
- Two school social workers
- A behavior interventionist
- A Multilingual (ML) Intake & Family Engagement Coordinator
- A District Literacy Coordinator,
- A Learning Recovery Coordinator
- Five additional teachers in the areas of literacy, math, & Multilingual (ML) programs
- Three additional ML Liaisons to support families
- Two additional Technology Technicians



We have invested in the following programs:

- Afterschool & summer programming
- Expansion of summer meals program to include distribution of meal kits
- K-12 Tutoring services that focus on maintaining and improving literacy and math skills
- Support services audit to address the learning loss that many special education students experienced during the last year

Creativity Capstone Class Creates Collaborative Video

Thanks to a Vermont Arts Council grant, the Creativity Capstone class is working with teaching artist, Jen Berger, to combine students' works. The class project is going to be a collaborative music video that includes visual art in

drawings and animations, sculptural setting and photography, student-made music with beats, sampling, and story and lyrics in singing and rapping. Stay tuned for the final awesome video!



School Nurses Nominated for “LifeChangers of the Year” Award

By Emily Hecker, WSD Communications Director

WSD School Nurses Elizabeth “Liz” Parris and Katharine Monje were recently nominated as Life Changers of the Year. LifeChanger of the Year, an annual program funded and run by National Life Group and its Foundation, recognizes and rewards K-12 educators and school employees from around the country.

Each year, LifeChanger of the Year awards 16 educators and their schools with cash prizes. The Grand Prize is \$10,000.

Read Nurse Liz and Katharine’s profiles below and consider visiting the website to support their nominations.

Liz’s webpage: bit.ly/LizLifeChanger

Katharine’s webpage: bit.ly/KatharineLifeChanger

Liz Parris

Nurse Parris is an absolute LifeChanger in both her professional and personal lives. As the Winooski School District school nurse, she treats all 850 students as if they were her own children. She knows all of them by name, what their preferences are, and what stresses they might be bringing with them from home. She makes each child feel special when they enter the health office. Alongside Nurse Katharine Monje, she provides day-to-day health care to any student in need with efficiency, skill, and compassion.

As if that wasn’t enough, Nurse Liz also spends countless hours of her own time developing the district’s School-Based Health Center. Currently, pediatricians visit the health office three times a week to serve students at the school. In her low-income district, this incredible service is truly life-changing. Without it, many students might not have regular care due to the barriers of accessing doctor’s appointments off-site, such as parents missing time from work to take them to appointments.

Nurse Liz has spent countless hours protecting her learning community from COVID-19 over the past 19 months. She volunteered to be in a video showing families about her choice to get vaccinated. She was among the first in the state to do so. Nurse Liz also worked tirelessly to arrange for in-school vaccination clinics and staff surveillance testing to keep COVID out of the schools. Her role required her to have many difficult conversations with parents about keeping their children home to quarantine. She treated each concerned and frustrated parent as if talking them through the situation was her only task of the day, rather than facing a long list of 50 possible close contacts.

Nurse Liz had to make very difficult decisions about closing schools last winter, when Winooski’s positive case rate was very high. She was heartbroken about closing the schools and having students go fully remote because she knew students needed to be in school, but she felt it was the only way to keep them safe. She always puts students first and cares deeply about their well-being.

“In her personal life, Liz is also a superstar,” her nominator said. “She has three teenage children at Winooski Middle High School. She has also adopted three kids who attend a different school district. So, yes, you’ve read that right, Liz has done amazing work keeping the Winooski School District safe and



healthy while raising SIX children. She’s a superhero, and if she could bottle her energy and sell it, she’d be a millionaire.”

Katharine Monje

Nurse Monje is a calm, steady presence in the Winooski School District Health Office. She finds an easy connection with every student who seeks her care at school. She cares deeply about social justice and approaches much of her work through that lens. Nurse Monje advocated on behalf of the Winooski Students for Antiracism and spent hours listening to School Board meetings to understand and further the district’s journey of becoming anti-racist. Her daughter, who graduated last year from Winooski High School, leads the White Supremacy Characteristics training for the WSD School Board every month.

When COVID-19 began to disrupt life as we knew it, Nurse Monje immediately accepted the role of COVID-19 Co-Coordinator for the district. She effortlessly pivoted from providing high-quality care to students at school, to supporting families with their COVID-19 and medical needs while they were at home.

Nurse Monje spent countless hours monitoring the district’s COVID hotline and patiently answered every parent and teacher question and concern. When case rates were very high in Winooski, she helped make the very difficult decision to close the schools until conditions were safer for students and staff. Her goal was to keep COVID out of the school, so she helped make sure the district’s vaccine clinics and surveillance testing went smoothly.

“Katharine is always quick to suggest a solution to complicated problems and has a talent for seeing all points of view. Her open mind and empathy help strengthen her relationships with students, staff, and the families she serves,” said her nominator.

RESTORATIVE JUSTICE IN THE WINOOSKI SCHOOL DISTRICT

The Winooski Restorative Justice for Multicultural Youth Project, launched in 2020, is a collaboration between the Winooski School District, Spectrum Youth and Family Services, UP for Learning, and the City of Winooski with funding from the Vermont Department of Children and Families and an anonymous donor. This monthly column will highlight the Restorative Justice work happening across the district among different groups. For more information please scan the QR code to visit our website.



Indigenous Roots as a Foundation for Restorative Justice

By Kayla Loving

The roots of restorative justice grew out of indigenous philosophies from North America and Africa. Melody Mackin, an Abenaki artist, educator and activist, spoke to Winooski School District staff over Zoom about the Abenaki worldview. These are some takeaways that were shared from the staff:

- Mother Earth is our oldest relative.
- All people and things are interconnected.
- Cultures rub off on each other.
- It's important to share our stories.
- We should consider how decisions we make will impact our ancestors seven generations from now.

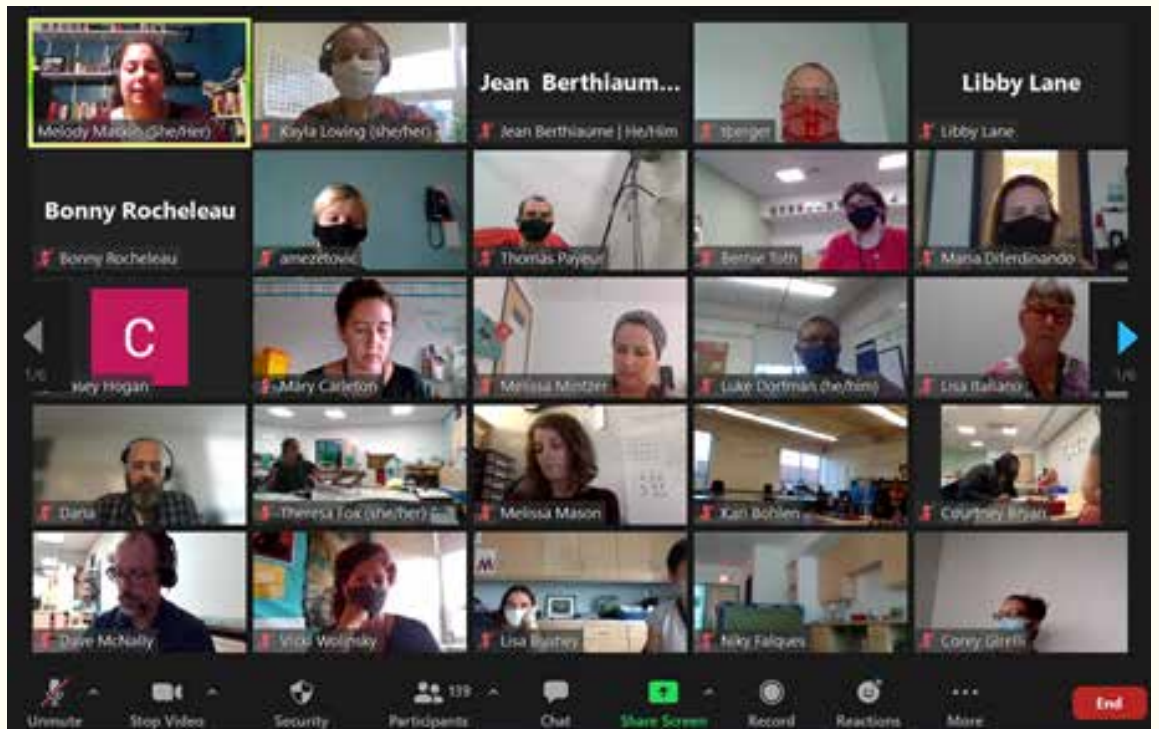
Melody also answered questions about land acknowledgements, the difference between bands and tribes, and indigenous plants.

After listening to Melody, staff then spent time in restorative justice circles reflecting on what they learned. They also learned about the culture our society is structured upon - white supremacy culture - by reading through the Characteristics of White Supremacy Culture by Tema Okun who reviews fifteen different characteristics that show up in organizations. Some of them are perfectionism, defensiveness, fear of open conflict, power hoarding, and paternalism. After each characteristic, there are suggestions for counteracting these characteristics. Staff was asked to reflect on how these characteristics might show up in themselves, their workplace, and other societal institutions. They then compared these characteristics with what they had learned about the Abenaki worldview and restorative justice.



Melody Mackin

This workshop helped WSD staff understand that restorative justice is not just a set of practices, but a philosophy that should impact how one makes decisions, communicates with others, takes care of themselves, and sees the world. The circle ended with this quote by Melody: "The only way to keep power and respect is to give it away."





Antiracism Steering Committee ... And We're Off!

By Kayla Loving

The Antiracism Steering Committee welcomed those interested in joining an Action Demand Group for an orientation on October 4th. WSD families, students, staff, teachers, and administrators joined the orientation. It was wonderful to see members of the community come to the school on a Monday evening to show their commitment to this work. There was positive energy in the room. During the orientation, participants shared their WHY for wanting to be a part of this work. The Steering Committee reviewed the purpose of the work and the expectations for the Action Demand Groups. The Action Demand Groups are expected to do the following: 1) meet 1-2 times per month for 1.5 hours 2) update the Steering Committee on the progress they've made and 3) update the community through calls for action. The groups were given time to meet so they could figure out their roles, a monthly meeting time, and come up with a collective vision and group norms.



The Action Demand Groups are:

1. Racial Truth and Reconciliation Commission
2. Hiring and Retaining Teachers of Color
3. Ethnic Studies
4. Equity Review Committee
5. Students Civil Rights
6. Multilingual Learner Mentorship Program

They are starting to put the demands into action. Each group had its first meeting in October. Many of them are looking to recruit more youth and community members. If you are interested, send an email to wdsarsc@gmail.com Action Demand Group members are compensated for their work.

SCHOOL ANNOUNCEMENTS

Winooski PTO

By Kate Simone, PTO Secretary

Despite not being able to conduct its regular in-person fall events, the WSD PTO has been meeting since September to support the district's students, teachers, and staff wherever possible. In line with our mission statement to enrich "the educational and social experience of Winooski students and the community", the group felt moved to send a letter to the Vermont Principals' Association following the racial violence exhibited at the Winooski/Enosburg Falls boys high school soccer game in September. To read this letter, please visit the Winooski PTO facebook page.

If you would like to be involved in one of the many areas of PTO school support, please join us at a monthly meeting or email us to be added to our email list. At our meetings, we discuss new and recent business, including updates on events, fundraisers, committee work (including Teacher and Staff Support, Boosters, and Inclusion and Outreach), and PTO financials. Our next meeting is on Wednesday, November 20, and we always welcome new members. Please email pto@wsdvt.org for Zoom info or if you have any comments or questions about the organization.

WMHS Antiracism Club for Students

By Lindsey Halman

Are you interested in supporting the school in becoming an antiracist school district? Join the Antiracism Club on Mondays 3-4pm! We will use the practices of restorative justice to talk about antiracism and changes we'd like to see in our school and city. Program begins November 1st in room A111 at the middle school. The Action Demand Groups to choose from include:

1. Truth and Reconciliation Commission: understand the history of racial biases, prejudice and injustices at Winooski School District.
2. Hiring and Retaining Teachers of Color: create a plan to both encourage and support teachers of color to work here.
3. Ethnic Studies: make sure that the WSD curriculum is antiracist and representative of all students.
4. Equity Review Committee: review the current policies and curriculum to make sure they are antiracist.
5. Student Civil Rights: plan two events that support students and families in understanding their rights as students.
6. Multilingual Learner Mentorship: develop a program that will match students with members of the community.

If you're interested in learning about any of these subjects, the Antiracism Club is a great place to start!

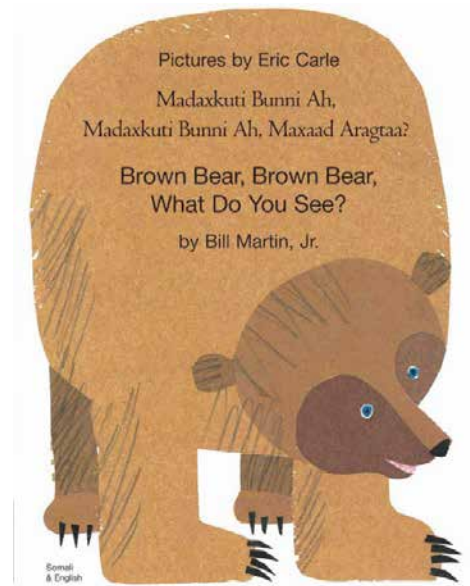
John F. Kennedy Elementary Update

By Sara Raabe, JFK Principal

JFK Elementary is fortunate to have students and families that speak multiple languages. In our building, you hear different languages being spoken every day including Somali, Mai Mai, Arabic, Burmese, French, Swahili, Lingala, Nepali, and Hindi to name a few. In 4th grade math class, one of the students recently taught the teacher how to count in Swahili, one of the languages the student speaks.

Traditionally, our classroom libraries have been composed of books only in English. This year, we have made a significant effort to add bilingual books to all of our classroom libraries. There has been significant research that has proven that a solid foundation in a student's

home language(s) will help facilitate the acquisition of additional languages. At JFK, the additional language is English for our multilingual students. For our English speaking students, the bilingual books give them the opportunity to learn vocabulary in their peer's home languages. Bilingual books provide children with the opportunity to read in their stronger language while at the same time learning vocabulary and sentence structure in the second language. When students see their home language written side-by-side with the second language, they will identify both languages as being equally important. This is true for both our English speaking students, and our multilingual students.



Math For Language, Equity, and Culture

By Maeve Poleman

Math for Language, Equity, and Culture students have been using their counting, grouping, comparing, and adding skills to understand recipes and cook seasonal Vermont meals. Next up, one of our students will teach us her potato recipe.



Multilingual Mathematicians

By Maeve Poleman

Last Friday, middle school multilingual mathematicians put their geometry knowledge to work in the field-- the soccer field! Students have been studying area, perimeter, and measurement in the context of sports fields. They worked together and in collaboration with the City of Winooski to design a soccer field for Richards Park. They then played a game of soccer on the field that is now a new feature for Winooski residents to enjoy this fall! Thanks to the Parks and Recreation Department for their supplies and support!



Ecological Engineers in the Making!

By Anja Mosehauer and Gina Krol

The middle school science classrooms have been getting really messy! 7th and 8th grade students have been learning about pollution in our watershed and thinking about ways to help keep Lake Champlain clean. They learned about point source pollution and visited the wastewater treatment plant in Winooski to see how the pollution from our houses, school and stormwater drains are treated.

To expand on their learning about nonpoint source pollution, they spent a day visiting the Ethan Allen Homestead, where they learned how wetlands can remove pollutants from water. At Leddy Park, they saw a beautiful and lush rain garden. Rain gardens, which work much like wetlands to remove pollutants from water, are installed near large areas of impermeable surfaces where there is a lot of stormwater runoff.

Students will be using what they have learned to design and construct eco machines. Ecological Engineers like Dr. Eric Roy of UVM use them to study how constructed wetlands can reduce the amount of pollutants that get into Lake Champlain. Our students will be trying to remove phosphorus from water with their machines because excess phosphorus is the primary cause of harmful algal blooms in Lake Champlain that lead to beach closures and negative impacts on the environment.

We have a feeling that our future is in good hands with these budding ecological engineers!



Dr. Roy explaining how rain gardens, modeled after wetlands, clean storm water runoff.



Dr. Roy talking to Nexus students about wetlands



Nexus students getting a closer look at duckweed



Visiting the wastewater treatment plant



Nexus students trying to identify plants at the wetlands



Journey students learning about wastewater treatment

This is How to Cook Rice

Narratives by students in Caitlin MacLeod-Bluver's literacy class

Students in Caitlin's literacy class started off the year thinking about their own identities, stereotypes they face because of their gender, race, and age, and how this makes them react and feel. Students read Jamaica Kincaid's "Girl", and used this as a model for their own writing. In these narratives, we get to know our students' lives at home a little better, and get to know each other a little better. We can see similarities across cultures, as well as start to hear our young peoples' powerful voices shine through. We hope you enjoy reading.



Girl

By Nixandy Ferdinand

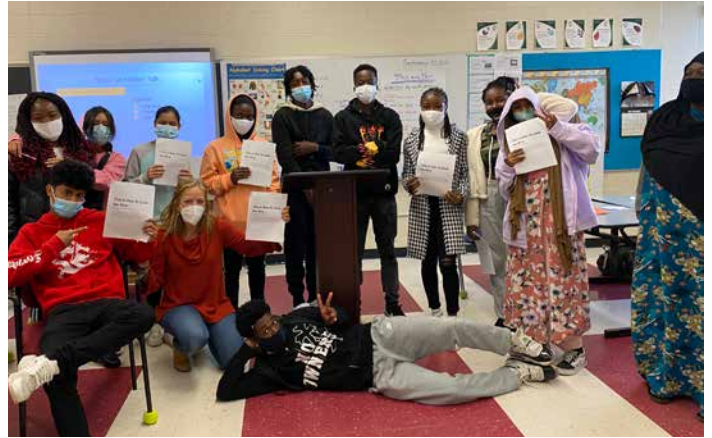
Don't be lazy; Make sure to wash the white clothes before putting them in the washing machine; Don't be mean to your brother, he's older than you; Don't be too bossy, that's not good habit for a woman; I told you hundred times to make sure the dough is soft before making the dumplings; As soon as I die, you will die too because you don't know how to do anything; Make sure to always buy lemons in case of a shooting; Make sure the toothpaste is here in case they throw tear gas; I don't want you to be alone with boys; Don't put too much salt, you know my blood pressure will rise; Too much oil! Are you trying to give me cholesterol? Too much gives you diabetes; *So now it's the sugar, huh?* When you hear a shooting, lay flatly on the ground; Make sure you know the market prices so you don't get cheated; Make sure to be independent; Don't talk to strangers; Wash the dishes; Cook the food; Take care of the kids; *Can't Nick do it too?* I tell you all of these because I LOVE YOU MIHA!



Girl

By Binti Aweis

This is how to make bread without burning the house down; Be sure to clean the house before guests come over, this has to be done before you go to sleep; Make sure to put all the clothes in the dryer before they have a terrible smell; Don't forget to cook dinner tonight; Make sure to babysit your cousin; Always make sure the dishes are purely white; don't forget to pick up things that aren't supposed to belong on the floor; *Mom says to the youngest daughter trying to already create her future life of becoming a professional cleaning lady. I think about how much cleaning I still have to do.* You know that living in America and going to school here is different from living and going to school in a different country? So take this opportunity seriously; You better pass all those exams, after



school you better study, You have no time to joke around or make friends; Be successful in school; remember if you don't graduate school you're going to start living on your own; You're going to start picturing what it's like in the real world; *I start to think to myself about how controlling my mother is;* Make sure to mop the floor; You better take the trash out; Don't leave any food out for the mice to eat; don't chew your muffin with your mouth open leaving crumbs all over your clothes and the table; Eat less; Stop eating like a hog; Don't hog all the food; You must finish all the food on your plate; Don't let it go to waste; You're so lazy; I wish I had a better daughter; When you go out in public don't wear makeup, nobody wants to see you all pretty; I just want a better daughter; *Voices start to go in circles over and over again "stand up for yourself" my head starts telling me I sat there and froze till I can't move anymore do it! It's not right. I try to convince my mom that I can't keep living like this anymore. "Mom I can't keep living like this!"* As far as I can tell this isn't going to end right; How dare you speak to me that way; You'll keep living like this; You live under my roof; You must follow my rules; You have no freedom; Do what I say; Don't disobey me; This is how to be a independent women.

Boy

By Abdul Lailati

We don't have a sister so you need to learn how to cook; Don't act like a girl, don't be lazy; Don't cry easily go and carry that box, after that go and clean the bathroom and make sure it's well cleaned; Cook the rice and don't forget to put enough salt on it; *I know what to do you don't need to remind me;* You gotta take responsibility for the house and make sure you clean it everyday, you know we don't have a sister; All you need to do in this country and have a better life is to focus on your studies so you can graduate, go to college and get a job that will make you a lot of money; *A lot of money? Okay.* You're a boy so you have to be strong and don't be lazy; Don't be with friends that aren't good for you. *I need more friends though.*



WINOOSKI SCHOOL MENUS




Winooski Elementary School Breakfast

November 2021

V =Vegetarian Menus are subject to change

Meals Are Free To All Students

Adult Breakfast \$1.85
Adult Lunch \$3.85
Milk \$0.50

Monday	Tuesday	Wednesday	Thursday	Friday
1 W/G Iced Honey Bun Or W/G Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	2 Blueberry Bread Or W/G Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	3 W/Maple Burstin Pancakes Or W/G Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	4 W/Bagel w/ Cream Cheese Or W/G Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	5 Fruit Filled Muffin w/Cheese Stick Or W/G Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety Graham Crackers
8 W/G Iced Honey Bun Or W/G Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	9 Blueberry Bread Or W/G Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	10 W/Maple Burstin Pancakes Or W/G Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	11 W/Bagel w/ Cream Cheese Or W/G Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	12 Fruit Filled Muffin w/Cheese Stick Or W/G Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety Graham Crackers
15 W/G Iced Honey Bun Or W/G Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	16 Blueberry Bread Or W/G Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	17 W/Maple Burstin Pancakes Or W/G Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	18 W/Bagel w/ Cream Cheese Or W/G Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	19 Fruit Filled Muffin w/Cheese Stick Or W/G Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety Graham Crackers
No School	No School	No School	No School	No School
29 W/G Iced Honey Bun Or W/G Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety	30 Blueberry Bread Or W/G Asst. Cereal Graham Crackers Assorted Fresh, Dried or Canned Fruit Milk Variety			

Please advise us if special meal accommodations are required for allergens or other special dietary needs.


This institution is an equal opportunity provider.

Please Click Links Below for Nutrition Information on Daily Options:
Fresh, Dried, or Canned Fruit, Skim White Milk, 1% White Milk, & Fat Free Chocolate Milk Offered With All Meals.


Milk Condiments


Fresh, Dried Or Canned Fruit

Pay for meals on-line. Click on Link Below:



Click Image Below for employment opportunities






Winooski Elementary School Lunch

November 2021

V =Vegetarian Menus are subject to change

Meals Are Free To All Students

Adult Breakfast \$1.85
Adult Lunch \$3.85
Milk \$0.50

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Patty Sandwich V Hand Cut French Fries V Fresh Carrot Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	2 Street Tacos (Corn Tortilla, Ground Beef, Salsa, Sour Cream) V Garden Salsa Rice Pilaf V Seasoned Black Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	3 Cheese Pizza Pepperoni Pizza Veggie Pizza Fresh Broccoli Salad V Savory Roasted Zucchini Assorted Fresh, Dried or Canned Fruit Milk Variety	4 Spaghetti w/ Meat Sauce V Caesar Salad V Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety	5 Pancakes Real Maple Syrup V Sweet & White Homefries Sausage Links V Fresh Green Pepper Strips Assorted Fresh, Dried or Canned Fruit Milk Variety
8 Dress Your Own All Beef Hot Dog Roasted Sweet Potato Wedges V Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	9 Tater Tot Nachos V Garden Salsa Rice Pilaf V Steamed Corn Assorted Fresh, Dried or Canned Fruit Milk Variety	10 Cheese Pizza Pepperoni Pizza Veggie Pizza V Seasoned Green Beans V Fresh Carrot Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	11 Dress Your Own Burger on a Bun V Crinkle Cut French Fries V Maple Carrots Assorted Fresh, Dried or Canned Fruit Milk Variety	12 Chicken Alfredo w/Pasta V Steamed Broccoli V Fresh Celery Sticks V Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety
15 Meatball Sub (Beef Meatballs on a Bun) Veggie Fried Rice Maple Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	16 Thai Noodle Salad w/Chicken V Caesar Salad V Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety	17 W/Cheesy Breadsticks V Marinara Dipping Sauce Chicken Noodle Soup V Fresh Cucumber Sticks Sweet Potato Hummus Assorted Fresh, Dried or Canned Fruit Milk Variety	18 Oven Roasted Turkey V Chef's Mashed Potato Turkey Gravy V Steamed Green Peas Hearty Stuffing V Homemade Dinner Roll PJS/Cranberry Sauce Pumpkin Squares Assorted Fresh Fruit Milk Variety	19 Hot Turkey & Cheese Pinwheels V Kale Apple Salad Seasoned Green Beans Assorted Fresh, Dried or Canned Fruit Milk Variety
No School	No School	No School	No School	No School
29 Philly Steak & Cheese Sub w/Sauteed Onions & Peppers V Hand Cut French Fries Maple Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	30 Beef Nachos Supreme V Garden Salsa Rice Pilaf V Mexicali Corn Assorted Fresh, Dried or Canned Fruit Milk Variety			<p>Please advise us if special meal accommodations are required for allergens or other special dietary needs.</p>

This institution is an equal opportunity provider.

Please Click Links Below for Nutrition Information on Daily Options:
Fruit & Yogurt Parfait w/Granola, Deli Turkey & Cheese Sandwich, SunButter & Jelly Sandwich w/Cheese Stick
Fresh, Dried, or Canned Fruit, Skim White Milk, 1% White Milk, & Fat Free Chocolate Milk Offered With All Meals.

Deli Options K-8

Fruit & Yogurt Parfait w/Granola

Milk Condiments

Fresh, Dried Or Canned Fruit

Pay for meals on-line. Click Image Below:



Harvest of the Month:
Sweet Potato

Click on the image above for more info on the Harvest of the Month!

Letter from the Mayor

Hello Neighbors,

As we approach the holiday season, City Council and staff are preparing for the fiscal year 2023 budget process. Last month, the City Council provided staff with guidance about what to prioritize



in the city budget for next year. Staff have been working to put together a plan and will be presenting to the public at Council meetings through December and January. We value resident input as we make decisions about how to spend our tax dollars – and as we do every year, we encourage you to get involved in the process, share your thoughts, and let us know how we can best serve the community.

Each meeting will cover a different area of operations including information about services and the related financial details. Our tentative meeting schedule is as follows:

- December 6: General Government (Admin, Clerk's Office, Permits, Elections, Taxes)
- December 13: Community Services (Recreation & Parks, Library, Senior Center, etc.)
- January 3: Public Works and Capital Planning (Streets, water, big projects)
- January 10: Public Safety (Police, Fire & Code)
- January 18: Overall Budget Discussion
- January 24: Final Budget Approval

Budget meetings are actually a really good way to learn about the services provided by the City, how we are staffed, and what the costs are to the community. Your questions and comments can help us make decisions and changes. After we approve the final budget, we always join the Winooski School District and host budget events before Town Meeting Day. You can attend these meetings in person at City Hall or online via Zoom! You can also watch recorded meetings at your convenience via Town Meeting TV.

We'll have full meeting details and documents available on our website soon – to learn more, please visit winooskivt.gov/fy23.



From Your Local Representatives

Educational Equity & Accountability

By Sen. Kesha Ram Hinsdale

One of the most critical tenets of a democracy is equal access to an honest educational curriculum. We must learn from the mistakes of history to not repeat them. As co-chair of the Social Equity Caucus, we are particularly focused on these questions of equity and accountability.

Over the summer, we watched with concern as a national movement to roll back values of equity, fairness, and honesty in education found its way to Vermont under the guise of attacking Critical Race Theory, an important, though advanced legal framework to address systemic and institutionalized racism. I connected with parents, teachers, and students across the state who were alarmed that teaching tolerance, equity, and inclusion was being framed as a political issue, especially during an ongoing pandemic where our first concern should be student safety and well-being. We drafted a letter supporting inclusion initiatives and an honest teaching of history, which was helpful in a recent Springfield School District debate where an anti-CRT resolution was narrowly defeated thanks to over 150 community members coming out to support equity.

Last month, we also saw the Winooski community come together with similar

power as hundreds turned out for the Winooski High School boys' soccer team following hate speech and threats of violence during a game earlier in the season. As the 2021 school year continues, I am focused on prioritizing ways to help our students to feel the support they need to be safe in the classroom, on the field, and in their communities. If we are to have equity policies, they must matter and our districts and education leaders must be accountable to enforcing them to ensure a safe, supportive climate for all students.

Giving the best education to our young people means allowing them to be open and honest as they strive to be ready for citizenship, college, and the changing realities of our nation. It also means meeting students where they are at and allocating resources to ensure that every child is given the support that they need to reach their goals. We are working on a change in the education financing formula that will hopefully address the chronic underfunding of schools supporting English Language Learners and low-income students.

Thank you for all you do to make our community an inclusive and welcoming space. I am here to listen to you always and am proud to support you in being Winooski Strong.



Community Vision

This new section of the Winooski Newsletter is designed to keep our residents and visitors informed of the progress being made in the City's Strategic Vision areas – or “community vision”. To learn more, visit winooskivt.gov/about.

Economic Vitality

The City of Winooski will receive about \$2 million in federal COVID-19 relief funds over the next couple of years. These funds will be used to respond to the ongoing negative impacts of the pandemic as they relate to economic and infrastructure support. Recently, Winooski City Council outlined a process to get as much public input as possible. Over the coming months, the Council will be working with our Commissions and doing outreach at public events to get ideas from community members on what we should prioritize. Your input is strongly encouraged! Stay up to date with our news updates via winooskivt.gov.

Municipal Infrastructure

The US-7 Concrete Repair project has been completed! The Vermont Department of Transportation and the City of Winooski would like to thank everyone for their patience and cooperation throughout the construction process.

The Main Street Revitalization Project is targeting a construction start in the spring of 2022. Maintaining clear communication with residents and property owners during the project is a priority for the City. The Department of Public Works will be leaving door hangers with a request for contact information - you can receive future updates about the project by doing one of the following:

- If you have internet access, please complete the online info intake form at winooskivt.gov/mainstreet.
- If you do not have internet access, please call 802 734 0022 leave a voicemail with your name, street address, and daytime phone number.

Housing

The Chittenden County housing and regional planning leaders announced the conclusion of 'Building Better Homes Together', a five-year outreach, education, and advocacy campaign focused on the production of much needed housing in the county. This campaign pushed for the construction of 3,500 new homes between 2016 and 2020, with 700 of them permanently affordable to low-income

households. Over 20% of new homes built in Winooski during this period are permanently affordable! Goals for the next five years are being currently planned, to learn more, please visit: ecosproject.com/building-homes-together.

Safe, Healthy, Connected People

The Safe, Healthy, Connected People Commission met in September to discuss their ongoing workplan. This commission will be focused on next season's planning process at the Myers Memorial Pool, how ESSER fund will continue to be used via youth programming, outreach planning for the Working Communities Challenge Grant (equity-focused), and much more. This commission also joined the Finance Commission to finalize discussions about the City's Scholarship, Grant, and Fundraising policies. You can view previous meeting minutes and get involved at the next meeting by learning more at winooskivt.gov!



COVID-19 Information

Masks and 6' social distancing are required by our staff and the public for all City of Winooski buildings, regardless of vaccination status, including:

- Winooski City Hall (27 West Allen Street)
- Winooski Police Department (27 West Allen Street)
- Winooski Fire Department (120 Main Street)
- Winooski Senior Center (123 Barlow Street)
- Winooski Public Works (Gilbrook Road)
- Winooski Memorial Library (32 Malletts Bay Ave)
- O'Brien Community Center (32 Malletts Bay Ave)

City staff and members of the public are not required to wear a mask outside in the course of work or during City-sponsored events or gatherings, unless it is not possible to maintain physical distancing, in which case masks must be worn regardless of vaccination status.

COVID-19 Testing

COVID-19 testing is available at the O'Brien Community Center (32 Malletts Bay Ave). Please visit winooskivt.gov/covid-19 for up-to-date hours. Register at <https://vermont.force.com/events/s/selfregistration> (walk-ups are also welcome).

COVID-19 Vaccines

COVID-19 vaccination clinics remain open for people ages 12 and up. Please visit healthvermont.gov/myvaccine to schedule your appointment or find the next available pop-up opportunity. For current updates, resources, and municipal service information please visit winooskivt.gov/covid-19.



Reminders from the City Clerk's Office

Please note, Winooski City Hall will be closed on the following days:

- November 11 - Veteran's Day
- November 25, 26 - Thanksgiving

Don't forget, taxes and water bills are due on Monday, November 15, 2021! Payments can be made at Winooski City Hall (M - F, 7:30am - 4:30pm) or online via winooskivt.gov/pay.

Community Services Updates



Recreation and Parks

winooskivt.gov/rec

@winooskirec

Friday Night Outings

Winooski Recreation and Parks and the Winooski Library present our new Friday Night Outings program! Youth grades K - 8 can stop by the library to complete a challenge to gain sign-up access for one outing of their choosing:

- Get Air Trampoline Park - Oct 8 (grades 6 - 8)
- Get Air Trampoline Park - Oct 15 (grades K - 5)
- Metro Rock Climbing & High Ropes - Oct 22 (grades 6 - 8)
- Metro Rock Climbing & High Ropes - Nov 5 (grades K - 5)
- UVM Men's Hockey vs Providence - Nov 19 (grades K - 5)
- BCA Intro to Pottery - Dec 17 (grades 6 - 8)

Complete a Challenge to Sign Up! Visit the Winooski Library anytime they're open with a parent or guardian. Ask the librarian to help you complete a Friday Night Outing Challenge. You can pick from one of the following:

- Sign up for a library card
- Read a book aloud to a sibling or parent/guardian
- Read a book and give the librarian a summary
- Learn 3 other things than a book you can check out from the library
- Draw a picture of your favorite book character

Once you complete the challenge the librarian will help you sign up for one of the available spots (a parent or guardian is required to be present for this). Then,

we'll send you an email with details on where to meet for your Friday Night Outing!

Youth Board Game Club

Join Winooski Recreation and Parks on a weekly visit to the Boardgame Cafe! Explore the diverse board game world - teens will have the opportunity to play classic games such as Monopoly and Battleship or explore complex games such as Root and Wingspan.

- Grades 6 - 8
- January 6- February 10 Thursdays, 5 - 7pm @ Boardroom Cafe - 3 Mill Street, Burlington, VT

Yoga for Kids (K - 5)

Join professional Yoga instructor Emily Fixx for this unique exercise opportunity for kids!

- Nov 13 - Dec 11
- Saturday's from 12 - 1pm @ O'Brien Community Center
- mats provided
- more details available soon - visit winooskivt.gov/recprograms to learn more!

Fall Garden Club (K - 5)

Winooski Recreation and Parks are excited to announce our new Fall Garden Club for kids grades K - 5. More details available soon at winooskivt.gov/recprograms!



Thrive After School

winooskivt.gov/thrive

@thrivewinooski

Thrive After School is a state-licensed, 3 STAR childcare/enrichment program that runs from 3-5:30pm Monday - Friday. We partner with WSD to provide

a community where children in grades K-5 explore, learn, and grow during their after school hours. During Thrive, students engage with creative arts, STEM and Makerspace activities, literacy skills, cooperative and socio-emotional learning, outdoor play, and more.

Thrive costs \$19 per day enrollment or \$90 for full week. We accept state childcare subsidy as well as offer scholarships to families in need.

For full details and to sign up, visit winooskivt.gov/thrive.



Winooski Memorial Library

winooskivt.gov/library

@winooskilibrary

Audiobooks, Ebooks, & More

Did you know that all Winooski Memorial Library cardholders have access to FREE online resources including audiobooks, ebooks, film streaming, language learning, educational and professional development courses, and more? Visit our website at winooskivt.gov/library or stop by the library for questions about access and/or additional information.

USCRI Citizenship Prep Class

We're excited to announce our partnership with USCRI Vermont to offer their Citizenship Preparation Class. This weekly program is open to any green card holder interested in practicing English literacy and civics education.

- Wednesdays from 10 - 11:30 am @ the Winooski Memorial Library
- Free to join, open to adult green card holders 18+
- To register, contact Nancy Lindberg at nlindberg@uscmail.org / 802 654 1704

English Conversation Group

We're excited to announce our partnership with USCRI Vermont to offer their "English Conversation Group" program! Join a weekly conversation group to practice English skills. Each week will have a different theme and new vocabulary to practice. Do you have a topic you would like to talk about? Join the conversation!

- Tuesdays 11am-12pm @ the Winooski Memorial Library
- Free to join, open to adults 18+

Library of Things

Did you know the library has a collection of nontraditional items available for loan to Winooski cardholders? We call this our "Library of Things" and it includes such items as birding backpacks, local museum and VT State Park passes, home and yard tools, board games, blood pressure kits, a telescope, and more! Stop by today and check-out something new.

Money Matters

The Winooski Memorial Library is excited to announce our partnership with Opportunities Credit Union to offer their two-part Money Matters financial literacy series about budgeting and credit building basics!

Introduction to Credit & Debt will demystify and discuss the importance of credit and provide some tips to improve yours! The workshop will also cover credit reports and credit scores as well as what happens when you can't afford your payments.

- Saturday, November 6th, from 11am - 12pm
- Free; no registration required - just stop by.

Introduction to Budgeting & Savings will introduce participants to basic budgeting concepts and discuss the importance of having a budget or spending plan. The workshop will also cover different methods of creating a budget and share some important money-saving tips.

- Sat., Nov. 16th, from 11am - 12pm.
- Free; no registration required - just stop by.

NaNoWriMo Virtual Write-in

Join us on Saturday, November 6th from 1 - 3:30pm for a virtual writing workshop as part of National Novel Writing Month (NaNoWriMo)! Facilitated by local author Aurora Hurd, participants will have the opportunity to write together, discuss plot lines and story arcs, and share in their efforts to finish a novel during the course of November. Free to take part, email or call Nate Eddy, Library Director, at neddy@winooski.vt.gov / 802 655 6424 for additional information.

Playgroup and Family Support

Join the Winooski Memorial Library and Howard Center for a fun playgroup for parents, caregivers, and young children ages 0-5. Every Tuesday we will meet at the Library from 12 - 1pm for activities such as reading stories, movement exercises, and sing-alongs. Adults will also have the opportunity to talk about child development or just chat. Come connect with your child and meet other families within your community!

For more information, please reach out to Kirsten Wilson, Children's Engagement Specialist: kwilson@winooski.vt.gov / 802 655 6424

STEAM Ahead Saturdays

Find us on Saturdays from 10 - 11am for our STEAM Activity hour. Each week will feature a new project for young learners that will engage the mind and introduce participants to science, technology, engineering, art and math-based concepts!

This program is intended for youth ages 5 and up, however parents are encouraged to partake! Youth should attend in clothing appropriate for art projects.

Weekly Storytime

Join us on Tuesdays and Thursdays at 10am for our weekly storytime! We'll be reading our favorite books, singing songs, doing a little dancing, and sharing in fun! No registration required.

Virtual Dungeons & Dragons

Welcome to the world of cooperative narrative role play where the story is told by participant players! Build amazing worlds and learn all about collaborative storytelling through our series of information and gaming sessions. This program is designed for youth ages 10 - 18 and parents are welcome to participate. Join us via Zoom on Mondays 4 - 6pm (elementary) and 6 - 8pm (middle/high school). To sign up, call or email Josh Neilson, Youth Services Coordinator, at jneilson@winooski.vt.gov / 802 655 6424

Winooski Reads Book Club

The Winooski Library is excited to offer a chance to participate in our new Winooski Reads Book Club for adult readers (18+)! Join your friends and neighbors for a lively discussion of each month's selected title and share your thoughts, insights, and reactions to the book. Free to take part, email or call Nate Eddy, Library Director, at neddy@winooski.vt.gov / 802 655 6424

Winooski Writes!

Calling all Winooski writers: Join the Winooski Memorial Library and Writer/Professor Mary Hussman in ongoing, monthly writing workshops. Winooski Writes! seeks to provide an encouraging, supportive, and inclusive safe space for writers of all levels to practice and grow their craft. Through peer review, regular writing practice, and craft talk, we'll learn to find and hone our voices on the page. Writers of all genres over 18 are welcome to join. No huge time commitment, though regular attendance is highly recommended. Free to take part, email or call Nate Eddy, Library Director, at neddy@winooski.vt.gov / 802 655 6424

WINOOSKI MUNICIPAL UPDATES



Winooski Senior Center

winooski.vt.gov/seniorcenter

 @winooskiseniorcenter

We are now open Tuesdays, Wednesdays, & Thursdays 9:30am – 1pm. Join us for events and programs! Please note: We will be closed Thanksgiving week for our annual floor cleaning.

Shine Time

Our new Shine Time programming will be held Tuesdays, Wednesdays and Thursdays from 9:30am to 1pm. Join us for fun and games, educational programming and good old-fashioned conversation! Snacks are always provided. Call or email us for details. FREE!

TUESDAYS

Community Coffee Chat

Everyone is welcome to join us on Tuesdays from 10 – 11am as we gather and converse with community members. Coffee Tea, treats and great conversation will be served. FREE!

No program on Tuesday, 11/23.

WEDNESDAYS

Vintage Cafe - NEW!

We'll be hosting our Vintage Cafe every Wednesday from 10:30am to 12:30pm. Join us for coffee, tea, treats and great music. FREE!

No program on Wednesday, 11/24.

More than a Meal

In partnership with Age Well, we are offering Older Vermonters (60+) a free nutritious meal every Wednesday. We want to continue to support you being well at home and provide you with an opportunity to stay connected to your community while enjoying a healthy and deliciously prepared meal, and some

goodies from us! We offer contactless delivery to your Winooski home or apartment building entrance. Pick up between 10:30am and 12:30pm at the Center. Reservations must be made by Noon the Friday before the scheduled Wednesday meal. Please call us at 802-655-6425 or email us at seniorcenter@winooski.vt.gov for the weekly menu and to register for this program.

THURSDAYS

Coffee Chat

Everyone is welcome to join us on Thursdays from 10-11am as we gather and converse with community members. Coffee Tea, treats and great conversation will be served. FREE! No programs on 11/11 & 11/25.

Fun & Games – NEW TIME

Do you like to play Cribbage, Scrabble, Card Games, Wii Bowling, or Ping Pong? We've got it all and more! Join us from 11am - 1pm for tons of fun, conversation and snacks. FREE!

No program on Wednesday, 11/24.

SPECIAL EVENTS

Thanksgiving Meal

Wednesday, November 17th

Thanks to Age Well, we will be able to provide a free "Grab-N-Go" Thanksgiving Meal to Older Vermonters (60+). You must have a reservation and be registered to receive a meal. RSVP by 11/12 at noon. Pick up at the Senior Center on Wednesday, 11/17 10:30am - 12:30pm. Call us at 802 655 6425.

Bone Builders

Mondays and Wednesdays at 2pm - NEW TIME!

RSVP Bone Builders is an exercise program designed to prevent (and even reverse) the negative effects of osteoporosis. The program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures due to the disease. Bone Builders classes fill a vital need for regular physical exercise as well as increased social interaction, both well-known components

of healthy aging. Note: no program on Monday, 11/22 and Wednesday, 11/24.

Meals on Wheels

If you know of an older Vermonter who has special nutrition requirements or is having difficulty with meal preparation, please call Age Well at 802 863 0360 to find out the eligibility requirements. No one is denied meals due to an inability to donate. Volunteer drivers are always needed.



AROUND WINOOSKI



What's going on around the city?

By Meredith Bay-Tyack, Executive Director, Downtown Winooski

Thank YOU!

Sending a big thank you to all of the vendors, volunteers, musicians and anyone who visited the Winooski Farmers Market this season! We look forward to seeing you in 2022!

Also thank you to everyone who played a part in Halloween in Winooski! We are so grateful for how many people attended, volunteered, donated and made this event a success!

Small Business Saturday 2021

We are so lucky to be in a community that values small businesses and shows up for them day after day! This year celebrate your favorite local businesses and discover new favorites on Small Business Saturday, November 27, 2021. Check out www.downtownwinooski.org or follow us on social media @downtownwinooski to find out the details!



Winooski Holiday Pop Up Shop

Join us for the 9th annual Winooski Holiday Pop Up Shop on Thursday December 2, 2021 from 5-8pm! This fun night started at The Monkey House but now includes more than ten venues around Winooski. The pop up brings businesses, local artists and shoppers together for a fun night to "Party while you shop and shop while you party!"



Vendor application is now live - apply now: www.downtownwinooski.org/PopUp

Follow the Facebook event: <https://fb.me/e/13bvqqjUY>



YOUR LOCAL MEDIA

Watch local programs, regional events, and municipal meetings on cable TV and online. Learn how to make your own community media.



MEDIAFACTORY.ORG + CREATE Channel 15 (BT), HD 215 (BT), 1074 (Comcast), LEARN Channel 16 (BT), HD 216 (BT), 1094 (Comcast) CH17.TV + Channels 17 (BT), HD 217 (BT), HD 317 (BT), 1087 (Comcast)



Self-Care and Mental Health

By Sr Pat McKittrick

Two years into the Pandemic, many of us are struggling with mental health issues. As I visit people in the community, I hear repeatedly how “anxious” people are, to the point of being unable to function in daily life. What can we do to be healthier?

The National Institute of Mental Health (NIH) <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health> offers many useful tips. Here are a few.

Here are some tips to help you get started with self-care:

- **Get regular exercise.** Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle

- relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.
- **Set goals and priorities.** Learn to say “no” to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down at night, or replay them in your mind.
- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
- **Stay connected.** Reach out to your friends or family members who can provide emotional support and practical help.

Self-care looks different for everyone, and it is important to find what you need and enjoy. Understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health.

For other ideas for healthy practices for your mind, body, surroundings, and relationships, see the National Institutes of Health (NIH) Wellness Toolkits.” Subscribe to this interesting newsletter: <https://mariashriver.com/ive-been-thinking-about-thinking-my-mind/>

Protecting the Pathway to School

By Jane Henderson, Grants Manager,
Winooski Partnership for Prevention

Each student in the Winooski School District deserves a peaceful and clean walk to school – free from the harm that commercial tobacco and alcohol products can cause. That is why we are committed to hosting a Winooski Clean-Up Day four times this school year. These clean-up days are in partnership with the WSD's Above the Influence (ATI) after-school program. This group of students is dedicated to supporting one another in their decision to live substance-free. They are also interested in making sure that Winooski youth have the best chance at living without a substance use disorder as an adult. In partnership, the WPP and ATI will be removing all of the substance debris (with an emphasis on commercial tobacco and alcohol products) from the walkway to school (along Main Street) on **Wednesday, November 3rd, starting at 3pm.** Would you like to join? Email Jane at jhenderson@winooskiprevention.org to RSVP. A free meal will be provided at the end of the clean-up!



Tips for Talking to Your Youth About Cannabis

Talking to young people about cannabis can be tough. When commercial cannabis products are readily available, it can make the decision of whether or not to use it confusing – especially for youth and young adults. That is why open dialogue is important. Give your student the facts about use, make sure they understand the risks, and keep the conversation going.

Need help getting the conversation started? Consider the following: be honest, listen, share the facts, and offer support. You want to present facts about cannabis objectively, sharing information about: what cannabis is and how it's used, why some people use cannabis, side effects of cannabis use, why it's dangerous for young people, and the risks of becoming addicted. Try and keep any judgement out of the conversation and instead encourage your youth to share their genuine feelings about cannabis. Make sure your youth knows that they can come to you with questions and that your first priority is to keep them safe.

Youth Resource: My Life, My Quit

Do you have a young adult in your life who is looking to quit using cigarettes (including electronic cigarettes)? Scan the QR code provided and share the website, vt.mylifemyquit.org. It is a free and confidential resource that allows youth to chat with a Quit Coach.



Winooski Food Shelf Schedule for November

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, November 3rd	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers
Saturday, November 6th	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, diapers
Wednesday, November 10th	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers
Saturday, November 20th	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, diapers

We are now into the Holiday Season and our days of operation will be earlier in the months of November and December so that our clients and volunteers can enjoy each of the holiday weeks. In December, our schedule will follow the same days and will include: December 1st, 4th, 8th and 18th.

We are collecting food for the holidays and could really use community donations of store bought packaged cookies. We are going to need about 400 packages of cookies during the holiday season! We would also appreciate turkeys, turkey breasts and whole chickens. These will be handed out at our regularly scheduled food shelf days.

Food Shelf Policy: Winooski residents coming for the first time should bring proof that you live in Winooski such as a utility bill or rental lease. Winooski residents may access the pantry

staples one Wednesday each month. They may also come both Saturdays to stock up on bread, pastry and some fresh fruits and veggies. Shaw's in Colchester and Winooski's own Commodities Natural Market help supply Saturday's food.

Where to find us: The Winooski Food Shelf is located in the United Methodist Church at 24 West Allen Street. We do not provide rides so please bring a wheeled cart or suitcase and some bags to lug your food home. The church phone number is 802-655-7371

Cash donations needed: The Food Shelf is growing rapidly. More and more of the food must be purchased since donations of food items cannot meet demand. Checks can be mailed to: The Winooski Food Shelf, P.O. Box 53, Winooski, VT 05404. You may also donate at winooskifoodshelf.org.

Donation Drop Off Locations:
Please do not leave food on our

doorstep when we are closed. Instead, please bring **unexpired and unopened** food donations to: Commodities Natural Market, 65 Winooski Falls Way, phone: 448-3340 or to J & J's Corner Market, 12 Malletts Bay Avenue, phone: 802-654-8003. **We especially need toiletries: toothpaste, tooth brushes, deodorant, shampoo, disposable razors and toilet paper.** Thank you for caring about our neighbors!

Food Shelf Volunteers Needed

If you have some free time and would like to do some pickups and deliveries, pack food boxes, set up for food shelves or serve our clients, please reach out to us at our e-mail address: winooskifoodshelf@gmail.com. We especially need help serving clients on Wednesdays. Volunteers should be able to lift 25 pounds.

Howard Center Hosts Community Conversation

By Denise Vignoe, Director of Development and Communications

Join us on November 16 from 5:00 – 6:30 p.m. for a virtual community conversation about housing options for adult Vermonters with developmental disabilities.



A VIRTUAL ZOOM WEBINAR
November 16 • 5-6:30pm
 HOWARD CENTER PRESENTS
Housing options for adult Vermonters with developmental disabilities.
Individuals and families want more choices. Join us for this community conversation

Come hear from our panelists about their perspectives on developing supportive housing options that better meet the needs of individuals living in our community. Our featured panelists include: Jim Caffry, attorney and parent; Elizabeth Campbell, psychoanalyst and parent; Ashleigh Cota, SUCCEED Alumna; Delaina Norton, Director of Long-Term Supports and Services, Howard Center; Amy Roth, Assistant Director, Vermont Department of Disabilities, Aging, and Independent Living; Hannah Schwartz, Co-founder of Heartbeat Lifesharing; and Monica White, Commissioner of Vermont Department of Disabilities, Aging, and Independent Living.

The panel discussion will be followed by a Q&A. This event is free and open to the public but advance registration is required at howardcenter.org.

For questions please call 802-488-6912 or visit howardcenter.org.

Join the Winooski Front Porch Forum

It's a free and easy online way to get on the local grapevine, connect with neighbors, and build community.

You can post and read about city activities, neighborhood news, lost pets, home repair recommendations, helping neighbors in need, free furniture, and all kinds of good stuff. Check it out at www.frontporchforum.com.



Annual Winter Parking Ban Reminder

By Paul Sarne, Winooski Communications Coordinator

Overnight street parking is prohibited in Downtown Winooski from 2:30am to 6am (December 1st to March 31st). For the rest of the City, winter parking bans are made on a case-by-case, weather-dependent basis or for area-specific snow removal where overnight street parking is prohibited from 11pm to 7am. To receive up-to-date winter parking ban alerts, text 'Winooski' to 888-777 or register at nixle.com. For full details, please visit winooski.vt.gov/parking. When issued, bans may last more than one evening and are in effect until further notice. The City of Winooski reserves the right to tow vehicles at the owner's expense. Landline users must retrieve their updates by calling the dedicated parking ban line at 802-655-3908. Winter parking ban signs (located on East Allen Street near the Exit 15 off-ramp and at the entrance to Winooski over the Burlington/Winooski Bridge) will flash when a winter parking ban is in effect.

Overnight parking in the Winooski Parking Garage on Cascade Way is available for \$2 (pay at the kiosk or by app) from 6pm to 7am. If you have questions regarding winter parking bans, please call 802-655-6410. If your vehicle has been towed, please contact Elite Auto and Truck Service and Sales: 802-497-0176.



Looking for personal growth opportunities?

COVID Support Vermont is now offering a variety of FREE interactive wellness workshops!

TOPICS INCLUDE:

- *Wellness through Journaling*
- *Managing Anxiety*
- *Meditation/Gratitude Practices*
- *Games and Social Time (also offered in Spanish!)*
- *Skills for the Job Search*



WITH SUPPORT FROM



COVID SUPPORT VT

Promoting mental health and wellness for all

Workshops are held virtually through Zoom, and can be found at COVIDSupportVT.org



@COVIDSupportVT | Find more resources at COVIDSupportVT.org



WINOOSKI SCHOOLS
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IMPORTANT NUMBERS IN WINOOSKI

WINOOSKI SCHOOL DISTRICT
www.wsdvt.org

Superintendent of Schools
 Sean McMannon: 655-0485
smcmannon@wsdvt.org

John F. Kennedy Elementary School
 Principal: Sara Raabe
 802-655-0411
sraabe@wsdvt.org

Winooski Middle and High School
 Co-Principals:
 Kate Grodin and Jean Berthiaume
 802-655-3530
kgrodin@wsdvt.org
jberthiaume@wsdvt.org

Board of School Trustees
 Allison Burlock, 802-349-7018, aburlock@wsdvt.org
 Tori Cleiland, *President*, 802-655-7678, tcleiland@wsdvt.org
 Steven Berbeco, 858-376-7269, sberbeco@wsdvt.org
 Kamal Dahal, 802-503-7195, kdahal@wsdvt.org
 Dr. Alex Yin, 516-423-9601, ayin@wsdvt.org

CITY OF WINOOSKI
www.winooski.vt.gov, 802-655-6410

Mayor
 Kristine Lott: 802-766-1988
klott@winooski.vt.gov

Co-Interim City Managers
 Phoebe Townsend, ptownsend@winooski.vt.gov
 Jon Rauscher, jrauscher@winooski.vt.gov
 802-655-6410

City Councilors
 Hal Colston, 802-922-2908, hcolston@winooski.vt.gov,
 James Duncan, 802-310-7103, jduncan@winooski.vt.gov
 Mike Myers, 802-355-5348, mmyers@winooski.vt.gov
 Bryn Oakleaf, 802-448-2966, boakleaf@winooski.vt.gov

City Clerk
 Carol Barrett, 802-655-6410, cbarrett@winooski.vt.gov

Winooski Police
 Emergency: Call 9-1-1, Non-emergency: 802-655-0221

Winooski Fire Department
 Emergency: Call 9-1-1, Non-emergency: 802-655-6420

FOLLOW US ON SOCIAL MEDIA We are @WinooskiLearns

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